



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

### • Testing in the Derbyshire Dales

Between 15 September 2022 and 21 September 2022, there have been 756 tests. This shows an increase of 4.9% compared to the previous 7 days.

### • Cases in Derbyshire Dales

Between 11 September 2022 and 17 September 2022, 6 people had a confirmed positive test result. This shows an increase of 200.0% compared to the previous 7 days.

### • Vaccinations in Derbyshire Dales

**61,626** people had been given a first dose by the end of 21 September 2022.

**60,159** people had been given a second dose by the end of 21 September 2022.

**52,636** people had been given a booster or third dose by the end of 21 September 2022.

### • Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

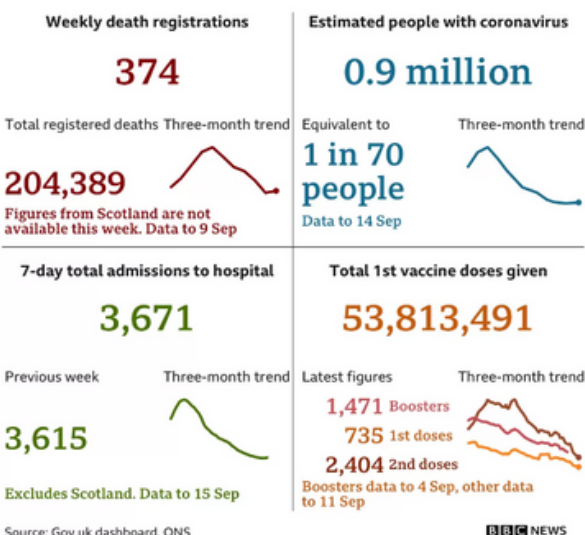
Between 13 September 2022 and 19 September 2022, 43 went into hospital with coronavirus. This shows an increase of 290.9% compared to the previous 7 days. There were 32 patients in hospital with coronavirus on 21 September 2022.

### • Deaths in Derbyshire Dales

Between 11 September 2022 and 17 September 2022, there have been 0 deaths within 28 days of a positive coronavirus test.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Thursday 22 September 2022.

### Coronavirus in the UK



**UK Health Security Agency**

**New university students need to be up to date with their MenACWY and MMR vaccines to help protect them from serious disease.**

All freshers under 25 years should make sure they have had their free MenACWY vaccine. This vaccine helps protect against some common types of meningococcal meningitis (swelling of the brain lining) and septicaemia (blood poisoning). These conditions are rare but very serious. Make sure someone knows if you feel ill and keep an eye on any friends who feel unwell. Get medical advice quickly if you are worried about your own or someone else's health. Go to [111.nhs.uk](https://111.nhs.uk) or dial 111. In a medical emergency dial 999.

**Vaccines save lives**

Make sure you know what the signs and symptoms, visit [NHS.uk](https://NHS.uk) and search for MenACWY and MMR vaccines

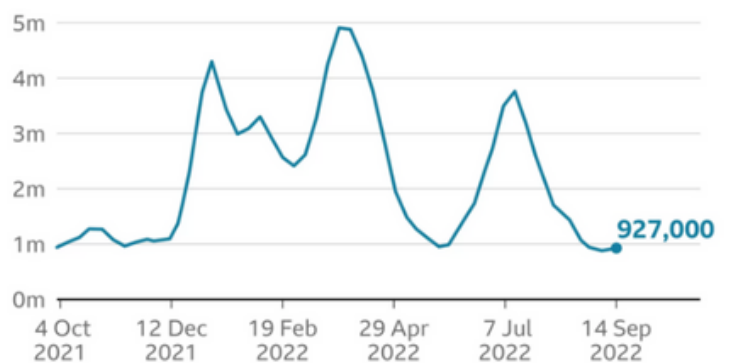


### • Flu vaccination: who should have it this winter and why.

This explains the importance of the influenza (flu) vaccination this winter: 2022 to 2023.

### UK infections rise slightly

Estimated people testing positive for coronavirus



Source: Office for National Statistics, 23 Sep



# YOUR HEALTH & WELLBEING - INFORMATION

## Save the dates...

*Come and join us*

The Farming Community Well Being Festival  
on Monday 10th October  
Bakewell Agricultural Business Centre  
11am to 2pm

The events will promote both physical and mental health with information stalls and activities for all. There will be free refreshments, music, fun activities, giveaways and much more at these events.

For more info please contact Katie Burns.  
Email: [katie.burns@derbyshiredales.gov.uk](mailto:katie.burns@derbyshiredales.gov.uk)




*Come and join us*

The Older Adults Well Being Festival on  
Thursday 13th October  
St Oswalds Church Hall - 11.30am to 2.30pm





The events will promote both physical and mental health with information stalls and activities for all. There will be free refreshments, music, fun activities, giveaways and much more at these events.

For more info please contact Katie Burns.  
Email: [katie.burns@derbyshiredales.gov.uk](mailto:katie.burns@derbyshiredales.gov.uk)




*Come and join us*

Children & Families Well Being Festival on  
Wednesday 26th October  
Hurst Farm Social Club - 11am to 2pm






The events will promote both physical and mental health with information stalls and activities for all. There will be free refreshments, music, fun activities, giveaways and much more at these events.

For more info please contact Katie Burns.  
Email: [katie.burns@derbyshiredales.gov.uk](mailto:katie.burns@derbyshiredales.gov.uk)




**Well Being Festivals in October:**  
Monday 10th October at the ABC Bakewell 11am - 2pm  
Thursday 13th October at St Oswald's Church Hall  
11.30am - 2.30pm  
Wednesday 26th October at Hurst Farm Social Club  
11.00am - 2.00pm

Free refreshments, information stalls, physical/mental and financial health support, free activities (Yoga / Walking)

Timetable of activities coming soon.

## Try something new...

**Stronger for Longer**

Every Wednesday  
10.30am - 11.15am  
Ashbourne Pavillion

Chair based exercise class with Otago exercises to help reduce and prevent the risk of falls.

£3 per session

- Lowered blood pressure
- Reduced stress
- Helps control blood sugar levels
- Improves sleep
- Boosts mood
- Improved bone strength
- Reduces the risk of falls
- Social tea and coffee available at end for £1

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[www.derbyshiredales.gov.uk/healthactivities](http://www.derbyshiredales.gov.uk/healthactivities)  
Please check the session is on before turning up




STRICTLY NO FALLING PRESENT:  
**AN AFTERNOON OF STAYING STEADY**

THURSDAY 20TH OCTOBER 2022  
1PM - 3.30PM

@ The Whitworth Centre, Darley Dale

Talks, demonstrations and advice  
**FREE REFRESHMENTS**

Come along to find out how YOU can  
**LIVE STRONGER FOR LONGER**






**Keeping in touch:** If you have any questions, ideas or concerns please email: [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk)

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